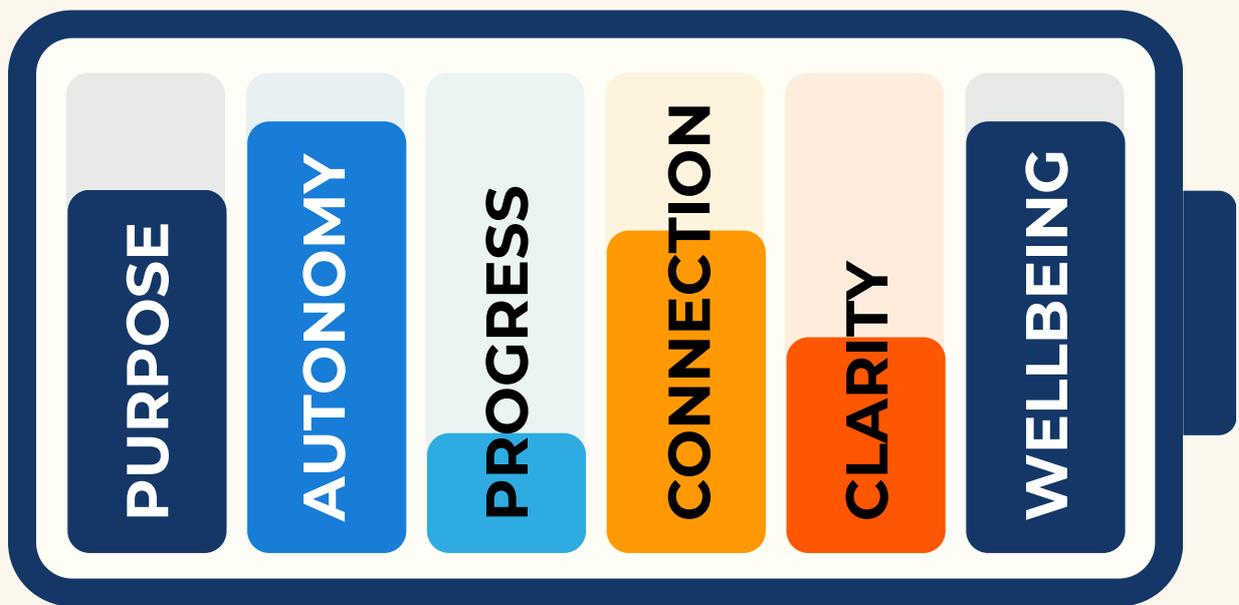


IS YOUR TEAM RUNNING LOW ON ENERGY?



**DAN
KUSS**



5-MINUTE WORKPLACE ENERGY AUDIT

A FREE TOOL FOR LEADERS WHO WANT TO RECHARGE THEIR TEAM



Take 5 minutes. Reflect honestly. Score your team's energy levels.

This tool is based on 7 key drivers of energy at work. Circle the number that reflects your team today—not where you want them to be but where they're at now.

[Rating guide: 1 is the lowest score; 5 is the highest score].

Driver	Description	Rate (1-5)
Purpose	Team connects to the 'why' behind what we do.	1 2 3 4 5
Autonomy	People feel trusted to do things their way.	1 2 3 4 5
Progress	Wins and momentum are acknowledged.	1 2 3 4 5
Connection	Positive relationships and belonging.	1 2 3 4 5
Clarity	Everyone knows what success looks like.	1 2 3 4 5
Support	People feel heard and helped.	1 2 3 4 5
Wellbeing	Balance and mental health are valued.	1 2 3 4 5

What stood out?

Highest-scoring Driver: _____

Lowest-scoring Driver: _____

One action I can take this week:

Want help recharging your team's energy?

I run coaching + workshops for managers and their teams to help them play and perform better in the workplace.

⚡ Connect with me on [LinkedIn](#) | [Website](#) | [Email](#)

About the 7 Energy Drivers

These drivers are inspired by our research on workplace energy, combined with coaching and leadership best practices. They're influenced by models like Gallup's Q12, self-determination theory, and Drive by Dan Pink — capturing what fuels purpose, progress, autonomy, and wellbeing in high-performing teams.